



# Italian Meatballs

Try these gluten-free meatballs on a gluten-free Hoagie roll!

**Yield:** 22 to 24 golf ball size meatballs

## Ingredients

- 1/2 cup torn fresh [Pamela's Bread](#) in small pieces, about 1 slice, crust removed (or 1/2 cup dried bread crumbs made from Pamela's Bread)
- 1/2 cup buttermilk
- 12 oz. ground sirloin
- 4 oz. ground pork
- 1/4 cup grated Parmesan
- 2 TBSP minced parsley
- 1 large egg
- 1 large clove garlic, minced
- 1 1/4 tsp salt
- 1/2 tsp pepper
- 3/4 tsp dry basil
- 1 tsp Italian seasoning
- pinch of cayenne
- 24 to 28 oz. jar of favorite store bought or homemade Marinara or red sauce

## Directions

Place torn bread (or crumbs) and buttermilk in a small bowl and mash with a fork (if using dried crumbs just let crumbs absorb the buttermilk; no need to mash). Let sit 10 minutes. Place all other ingredients except sauce in a medium bowl and gently mix together. Then add buttermilk mixture. Mix again.

### SHAPING MEATBALLS

Cover a sheet pan with a piece of parchment paper. Using a small scoop or 2 TBSP measuring spoon, portion out and roll the meatball mix gently in your hands; you want the ball to be about the size of a golf ball (you can make any size, but the cooking time will change). Repeat and roll all the meatballs.

Once meatballs are shaped you can cook one of two ways. You can shallow fry them in 1/4" oil, turning to brown all sides, 10 to 12 minutes, and drain on paper towels once cooked. Or, you can bake in a pre-heated 350° oven for 20 to 25 minutes until starting to brown. Add drained or baked meatballs to heated sauce to lightly simmer for 10 minutes to finish cooking and infuse into the sauce.

Once cooked, make a great Meatball Sub on Pamela's favorite [Hoagie Roll](#).

